



PRIMARY BENEFITS OF NUTRAMETRIX ISOTONIX ESSENTIALS TURN DOWN:

- Helps enhance and stabilize mood
- May promote calmness and relaxation
- Supports healthy sleep quality
- Promotes sleep
- Assists in releasing mental tension
- Helps to clear the mind
- Promotes normal regulation of enzyme and hormone production
- Promotes cognitive health
- Provides antioxidant protections
- Contains no gluten, wheat, soy, yeast, artificial flavor, salt, preservatives or milk

What Makes nutraMetrix Isotonix Essentials™ Turn Down Unique?

Designed for relaxation, nutraMetrix Isotonix Essentials™ Turn Down features a custom blend of vitamins, amino acids and minerals. The formula contains effective key ingredients to help you quiet down your body, promote mental clarity, control mental tension and support healthy sleep quality.

This product uses a combination of ingredients, including Magnesium, Calcium and Vitamin C, to support sleep and mood. These vitamins are essential building blocks of hormones that help our bodies to stay at rest. L-Tryptophan, an essential amino acid, supports normal levels of serotonin and melatonin. Because L-Tryptophan and melatonin in competitor products do not always contain the Vitamin C and Magnesium that support healthy sleep quality, they may be less effective.

Further, Magnesium has been studied and noted to be an ultimate relaxation mineral for your body and mood. When balanced with Calcium supports muscle relaxation, and blood circulation. †

Unwind from the day with nutraMetrix Isotonix Essentials™ Turn Down custom blend! †

Additional Benefits of nutraMetrix Isotonix Essentials Turn Down:

- ✓ **Gluten-Free** - The finished product contains no detectable gluten
- ✓ **No Detectable GMO** - the finished product contains no detectable genetically modified organisms
- ✓ **Vegetarian** - nutraMetrix Isotonix Essentials Turn Down is a vegetarian product
- ✓ **Isotonic** - Drinkable Supplements easy-to-swallow supplements in liquid form are immediately available to the body for absorption.

For more information, please contact:

Supplement Facts

Serving Size: 13.3 g
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Calories	20	
Total Carbohydrate	4	1%*
Total Sugars	4	**
Includes 4 grams Added Sugars		7%*
Vitamin A (1% as beta-carotene)	362 mcg RAE	40%
Vitamin C (Ascorbic acid)	604 mg	671%
Vitamin D3 (Cholecalciferol)	12.5 mcg (500 IU)	63%
Riboflavin (Vitamin B2)	2.9 mg	223%
Niacin	20 mg NE	125%
Vitamin B6 (Pyridoxine HCl)	4 mg	235%
Calcium (Lactate, Carbonate, Phosphate, Sulfate, Citrate)	375 mg	29%
Magnesium (Carbonate, Citrate, Glycinate, Oxide)	300 mg	71%
Manganese (Sulfate)	.5 mg	22%
Sodium	25 mg	1%
Potassium (Bicarbonate)	384 mg	8%
L-Tryptophan	500 mg	**
Boron (Citrate)	.5 mg	**

* Percent Daily Value is based on a 2,000 calorie diet.
** Daily Value not established.

Other Ingredients: Fructose, citric acid, orange juice powder, malic acid, dextrose, orange flavor, maltodextrin, orange fruit juice, silicon dioxide, rebaudioside A (stevia leaf), Lo Han (fruit) extract, passion fruit flavor, mango flavor, Lo Han (fruit) extract, and vanilla flavor.

WARNING: If you are currently using any prescription drugs, have an ongoing medical condition or are pregnant or breastfeeding, you should consult your healthcare provider before using this product. Magnesium should be used cautiously in individuals with reduced kidney function due to increased risk of hypermagnesemia. Discontinue use and consult your healthcare provider if you experience diarrhea, abdominal cramping or discomfort. If you are currently taking monoamine oxidase inhibitors (MAOI) or angiotensin converting enzymes (ACE) inhibitors, you should not use this product. If you have phenylketonuria (PKU), high blood pressure, thyroid disease/Graves' disease, schizophrenia or bipolar disorder, you should not use this product.

KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place. Do not use if packet has been opened.

† These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.